



Weekly Diabetes Update

December 19, 2008



1. Tips for holiday eating

The vision of sugar plums can be a worry more than a pleasant anticipation this holiday season for those trying to maintain a healthy lifestyle. All that great food, much of it high in fat and calories, can have an effect on the waistline for even the most health-conscious individuals.

Dietitians of Canada and the Canadian Diabetes Association have teamed up to bring you their top ten tips for healthy holiday living.

Read More: <http://www.rainyriverrecord.com/node/5495>.



2. American Diabetes Association Announces Retirement of Chief Scientific & Medical Officer, Dr. Richard Kahn

ALEXANDRIA, VA, December 16, 2008 (MARKET WIRE via COMTEX) -- The American Diabetes Association announced today that Richard A. Kahn, PhD, its Chief Scientific and Medical Officer, will be retiring in June 2009

Read More: <http://www.marketwatch.com/news/story/American-Diabetes-Association-Announces-Retirement/story.aspx?guid=%7B8B37AD61-C030-43FB-B6C1-E99F23163EBF%7D>.

3. President of Sanford-Brown College - St. Peters Appointed to American Diabetes Association St. Louis Board

St. Louis ([Vocus/PRWEB](#)) December 16, 2008 -- [Sanford-Brown College- St. Peters](#) announced today that Julia Leeman, college president, has been appointed to the American Diabetes Association (ADA) 2009 Board. The ADA is an organization dedicated to the prevention and cure of diabetes and to improve the lives of all people affected by diabetes.

Read More: http://www.prweb.com/releases/Sanford-Brown_College/Julia_Leeman/prweb1756234.htm.



4. Covenant offers advice on welcoming ill, elderly to festivities

Celebrating traditions of the holidays can present challenges for family members and friends coping with illness.

Covenant Wound Healing Center, 900 Cooper in Saginaw, offers these tips:

- In America, eight percent of the population is living with diabetes and obesity rates for adults have reached 34 percent. Consider sharing a holiday concert or cultural event together instead of a meal, and replace a food gift with a healthy cookbook.

Read More:

http://www.mlive.com/saginawnews/living/index.ssf/2008/12/covenant_offers_advice_on_welc.html.

5. Foods to keep you jolly during the holidays

Forget everything you've heard about stress-eating being a bad thing. If you eat the right foods, noshing when your nerves are jangling more than the bells on Santa's sleigh actually can calm you down.

And that's great news, because the last thing you need is more stress, which over time can increase your risk of high blood pressure, heart disease and obesity.

Read More: <http://www.courierpress.com/news/2008/dec/17/foods-to-keep-you-jolly-during-the-holidays/>.

6. Diabetes control better with low-glycemic diet

For people who have type 2 diabetes, a low-glycemic index diet is significantly better than a high-fiber diet for keeping blood glucose levels down, researchers report

Read More: <http://www.reuters.com/article/healthNews/idUSTRE4BF70W20081216>.

7. Study: Diabetes more prevalent in rural population

ROCKFORD, Ill. — Rural residents are more likely to suffer from diabetes than their city-dwelling counterparts, according to a first-of-its-kind study by researchers at the University of Illinois College of Medicine at Rockford.

Read More: http://www.patriotledger.com/lifestyle/health_and_beauty/x415881436/Study-Diabetes-more-prevalent-in-rural-population

8. Vitamin B1 Could Reverse Early-stage Kidney Disease In Diabetes Patients

Researchers at the University of Warwick have discovered high doses of thiamine – vitamin B1 – can reverse the onset of early diabetic kidney disease.

Read More: <http://www.sciencedaily.com/releases/2008/12/081208092149.htm>.

9. Diabetes Meds May Weaken Bones

Drugs commonly taken by diabetics to help improve blood sugar control may actually be harming women's bones.

Researchers from the U.S. and Canada who combined the results from ten studies involving nearly 14,000 people found women who took thiazolidinediones were significantly more likely to have reduced bone density in the lumbar, spine and hip than women who didn't take these drugs. A similar risk was not seen in men.

Read More: http://www.ivanhoe.com/channels/p_channelstory.cfm?storyid=20364.

10. Vitamin D may help fight diabetes

In the study, researchers at the Joslin Diabetes Center, found that three-quarters of youths with type 1 diabetes were found to have insufficient levels of vitamin D.

Read More: http://timesofindia.indiatimes.com/Health/Vitamin_D_may_help_fight_diabetes/articleshow/3846348.cms.



11.



Weekly Diabetic Recipe

Recipe

Ingredients

- 1 prepared Angel Food cake (10 inches)
- 1 package (1.4 oz) sugar-free instant vanilla pudding mix
- 1-1/2 cups milk (2%)
- 1 cup light sour cream
- 1 can (21oz) light cherry pie filling

Directions

1. Tear the Angel Food cake into bite size pieces. Press into an 11x17-inch baking dish.
2. In a mixing bowl, combine the pudding mix, milk and sour cream. Beat until thickened, about 2 minutes. Spread over the cake.
3. Spoon the cherry pie filling evenly over the top of the cake. Chill thoroughly until serving time.



Nutritional Information (Per Serving)

Calories:	184
Sodium:	319 mg
Cholesterol:	9 mg
Fat:	3 g
Carbohydrates:	36 g
Exchanges:	1 Fruit; 1-1/2 Bread/Starch; 1/2 Fat

